

TMI LCN – PORTLAND CHAPTER – A NEW BEGINNING

by Al Parikh

Portland is the largest city in the U.S. state of Oregon. As of 2014; approximately 2,348,247 people lived in the Portland metropolitan statistical area. Its climate is marked by warm, dry summers and chilly, rainy winters. This climate is ideal for growing roses, and Portland has been called the "City of Roses" for over a century. Portland has a comprehensive public transportation system. It is a well-planned city in which transit-oriented development plays a major role. This approach, part of the new urbanism, promotes mixed-use and high-density development around light rail stops and transit centers.

There is a lot of awareness and respect for wide ranges of alternative health therapies, mystical and meditative practices, green living, etc. within the Portland Metro area. Therefore it came as a surprise to me that there wasn't a Portland chapter of The Monroe Institute when I started checking sometime in 2011. Through the LCN web page, I reached out to the Monroe Institute and asked if it would be possible for me to start a chapter. I was put in touch with Beth Haley, Regional Coordinator for Region10 that encompassed the entire Pacific Northwest region. Beth sent me a list of people who were either past participants in The Monroe Institute's programs or who were living in the area and had expressed an interest in joining a local group.

During the summer of 2011, five of us met in a park outside downtown Portland and decided to meet on a regular basis at one person's home to practice Hemi-Sync exercises. We were all excited to do this work in a group setting. This is the humble beginnings of the TMI LCN Portland chapter. Since that time we have been meeting approximately once every two months. On any given meeting, we would have 3 to 5 people attending.

Fast forward to April 2016, I had received referrals of people in the area who were interested in joining our group. I had reached out to all of them and had invited them to our get-together at a friend's home. For the first time, we had 9 people attend the meeting. It was very exciting. All of us had exposure to Hemi-Sync exercises and we bonded as a group very quickly. We had very animated, honest, candid conversations surrounding OBEs, energy healing, etc. It became clear to us that we had managed to outgrow the physical space that we used earlier. It also became clear to us that audio equipment we had available was also very limited. Somehow, we managed to squeeze in together and performed one Hemi-Sync exercise together. We then had a debriefing session that led to more sharing.

I think that April 2016 represents an evolution for the Portland chapter. I think that the chapter will continue to grow and will have active participation from its members. I also think that all members will collectively gain from group practice. I will be sure to keep the wider LCN community posted on our journeys out of the body.

